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Convention centre expansion to bring a new look to downtown

Unconventional.
Designers aim to remove 'big dumb box' label of aging facility

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeggers got their first view Tuesday of what the Winnipeg Convention Centre will look like when its $180-million makeover is complete.

Designs for the nearly 40-year-old building's 340,000 square-foot expansion were unveiled at a swanky catered event held in a large hall at the convention centre.

"Great things are happening in Winnipeg once again," exclaimed Klaus Lahr, president and CEO of the Winnipeg Convention Centre.

The project will meet LEED Silver requirements and nearly double the existing 492,000-square-foot facility.

The expansion — slated to start by the end of 2012 — will see the addition built in a parking lot across the street from the convention centre's south entrance and span over York Avenue. The addition's third floor exhibition space will connect to the existing building's exhibition space to create a new contiguous 147,100-square-foot room with space for more than 700 exhibits.

In the centre of that new third-floor exhibition room will sit the building's crown jewel — a 46,000-square-foot space called City Room featuring huge floor-to-ceiling windows on both the east and west sides.

"It is a stunning architectural statement that quite literally opens the box," explained Terry Danelley, principal with LM Architectural Group. "This space, which spans over York Avenue, has been designed to accommodate large banquettes or other special event functioning. It is the tour de force of the project."

The federal government has promised to cover up to one-third of the project's total costs to a maximum of a little more than $46.6 million, while the city and province have each pledged $51 million. The balance of funding will come from new incremental property tax revenues from an integrated hotel and commercial development nearby, as well as additional revenue generated by the Winnipeg Convention Centre.

12,000
Cubic metres of concrete expected to be poured for the expansion.

3,000
Tonnes of steel expected to be used for the new addition.

150
Parking spots in a new underground lot beneath the expanded centre.

The Winnipeg Convention Centre unveiled plans and designs for the building's $180-million expansion. Here's what the corner of York Avenue and Edmonton Street is expected to look like when the project is complete. HANDOUT/METRO

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Red River College gets $1.7M grant from NSERC

Innovation. National Sciences and Engineering Research Council of Canada grant aims to bolster ties with aerospace, manufacturing sectors

SHANE GIBSON
shane.gibson@metronews.ca

Red River College hopes to strengthen partnerships with the aerospace and manufacturing sector with the help of a nearly $1.7-million grant from the National Sciences and Engineering Research Council of Canada (NSERC).

The local school is one of 50 partnerships between colleges, universities and businesses from around the country that will share nearly $17 million from NSERC's College and Community Innovation (CCI) Program over the next five years.

"Post-secondary play an integral part in keeping our country at the forefront of discovery, and that's exactly why we support so strongly our basic research and our basic researchers," said Gary Goodyear, minister of state (science and technology) at the national funding announcement held at RRC's Automation Lab Tuesday morning. "We also know that once a scientific breakthrough has been made we have an obligation to move that idea, that product, into the market place."

Red River College will use the money to launch its Advanced Aerospace Innovation Initiative, dubbed A2i2 for short, which brings the school's advanced materials and bonding, imaging and automation, and machine vision and simulation facilities under one umbrella to give industry an easier time accessing equipment and college researchers.

"It's an opportunity to go in that space that's been under funded between invention and commercialization," explained Fred Doern, who sits on RRC's mechanical, manufacturing and communications program advisory committee.

This week's announcement adds to previous national CCI funding for 321 different grants totaling more than $175 million over the last four years.

Minister of State (Science and Technology) Gary Goodyear and Red River College president Stephanie Forsyth look over the school's Automated Assembly Centre after announcing new National Sciences and Engineering Research Council of Canada funding at the school Tuesday. SHANE GIBSON/METRO

School vies for $100,000 worth of gear

Students at Fort Richmond Collegiate (FRC) need Winnipeggers' help to win a national competition that could see the school pick up a cool $100,000 worth of new athletic gear.

The high school is one of 38 across Canada — and the only one from Winnipeg — taking part in Under Armour's Finding Undeniable, a competition which pits each institution against each other to earn points by completing challenges and gaining votes.

The top two schools — and one wild card pick — when the buzzer goes on Nov. 27 move on to a faceoff round that will determine Canada's most undeniable high school.

FRC was sitting in fourth place with 55,882 points as of press time Tuesday.

"Our students are the sole reason we've come this far. I truly cannot describe the energy, and drive, and singular passion that we've seen over the past couple weeks," said FRC student body president Christopher Rampersad by email earlier this week. "This has become much more than a contest — it has become an experience, and I'd like to invite the rest of Winnipeg to experience it with us."

So far students have organized pep rallies and brainstorming sessions to ramp up support within the school, and have even sent appeals to local politicians and professional athletes for help to rally support from the larger community.

If they win, Rampersad said they'd like to use a portion of the money to help fund a snowshoeing or football club at the school.

"We've been able to make the most of what we've had for a very long time — that's just the nature of our students and staff," he said. "But having $100,000 would work wonders for the athletics programs."

SHANE GIBSON/METRO

Online

To help Fort Richmond Collegiate become Canada's most undeniable school, vote daily at findingundeniable.ca/school/fort-richmond-collegiate.

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Thailand. 600 deadly cobras found in pickup truck, driver arrested

Thai authorities have seized a pickup truck full of deadly cobras at a checkpoint in the country's central region. They believe the snakes came from Malaysia and were destined for a third country for use in traditional medicine or human consumption.

Thai Customs chief Benja Louicharoen said Tuesday that officials found 600 cobras worth about $16,500 in mesh bags inside plastic baskets in the truck.

Officials arrested the Thai driver after the suspicious vehicle was stopped 210 kilometres south of Bangkok.

Benja said the man confessed that he was delivering the snakes to northeast Thailand where they were to be smuggled over the border into Laos.

Thailand is a major transit country for illegal wildlife trafficking in Asia. THE ASSOCIATED PRESS

Black market

$16,500

Dollar value of 600 cobras heading for the illegal market

One of 600 cobras seized by Thai Customs is shown. THE ASSOCIATED PRESS

North Carolina

Court ruling may end possum drop

An annual tradition known as a possum drop that attracts thousands of people to a tiny town in North Carolina each New Year's Eve may be ending after a judge ruled Tuesday that a state agency didn't have the authority to issue a permit for the event.

The ruling would end a 19-year tradition of suspending the marsupials in a see-through box covered with holiday tinsel and lowering it to the ground at midnight. People for the Ethical Treatment of Animals had sued the North Carolina Wildlife Resources Commission, which issues the permit for the event, saying it's illegal and cruel.

"Citizens are prohibited from capturing and using wild animals for pets or amusement," Judge Fred Morrison wrote in his ruling. THE ASSOCIATED PRESS

Another U.S. general under investigation

Scandal widens. Current top U.S. commander in Afghanistan investigated; promotion on hold

The sex scandal that led to CIA Director David Petraeus' resignation widened Tuesday, with the top U.S. commander in Afghanistan under investigation for alleged "inappropriate communications" with a woman who received threatening emails from Petraeus' former lover.

Some of the 20,000-plus pages of documents and emails between Gen. John Allen and Florida socialite Jill Kelley were "flirtatious," a senior defence official said. The official spoke on condition of anonymity because he wasn't authorized to discuss the case publicly.

Defence Secretary Leon Panetta revealed earlier Tuesday that the Pentagon had begun an internal investigation into the emails.

Allen succeeded Petraeus as the top American commander in Afghanistan in July 2011, and his nomination to become the next commander of the U.S. European Command and the commander of NATO forces in Europe has been put on hold.

In a White House statement Tuesday, National Security spokesman Tommy Vietor said President Barack Obama "remains focused on fully supporting our extraordinary troops and coalition partners in Afghanistan, who Gen. Allen continues to lead as he has so ably done for over a year."

Meanwhile, FBI searched the home of biographer Paula Broadwell. THE ASSOCIATED PRESS

FBI agents carry boxes and a computer from the home of biographer Paula Broadwell. CHUCK BURTON/THE ASSOCIATED PRESS

U.S. Gen. John Allen
THE ASSOCIATED PRESS

Case update

Paula Broadwell's threatening emails to Jill Kelley, a 37-year-old family friend of David Petraeus, led to the FBI's discovery of communications between Broadwell and Petraeus indicating they were having an affair.

- In the latest revelations, a Pentagon official would not say whether the communications are thought to include unauthorized disclosure of classified information. He said he did not know whether Petraeus is mentioned.
- Jill Kelley on Tuesday sat in her Florida home with the curtains open, in view of the media.
- If Gen. John Allen is found to have had an affair he could face military charges of adultery.

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Scientists tap into vegetative mind

Scott Routley has been able to communicate through his brain activity, scientists at the University of Western Ontario's Brain and Mind Institute say. COURTESY BBC/FERGUS WALSH

Positive signs. Man communicates that he 'isn't in pain' to a group of researchers at Western's Brain and Mind Institute

ANGELA MULLINS
Metro in London

A team of neuroscientists at Western University in London, Ont., are getting international attention for what they've known for years.

Patients in a vegetative state may not be able to talk or physically react to questions, but tests show many of their brains are alive and ticking, the doctors say.

London's Scott Routley, a 39-year-old with brain trauma from a motor vehicle accident, has quickly become the medical discovery's poster child. Although Routley hasn't spoken for 12 years, he recently told a research team from Western's Brain and Mind Institute that he isn't in pain.

BBC's Panorama

A look into the vegetative state:

- The BBC filmed Western University researchers and neuroscientists for a documentary that followed vegetative patients in Britain and Canada.
- The documentary aired on Tuesday.

The message — considered the first of its kind from a patient like Routley — was conveyed this summer through an MRI scan of his brain, explained researcher Dr. Damian Cruse. Cruse and other members of the team discovered in 2010 that at least some people with severe brain injuries can think about things on command.

"We ask them to imagine playing tennis and imagine walking around their house," Cruse said. "Two very different parts of the brain light up" during an MRI. "What we've done is say, 'If you want to answer yes to this question, imagine that you're playing tennis. If you want to say no, imagine that you're walking around you're home,'" Cruse said.

Routley imagined walking around his home after asked if he felt pain. A solid "no" response, doctors say.

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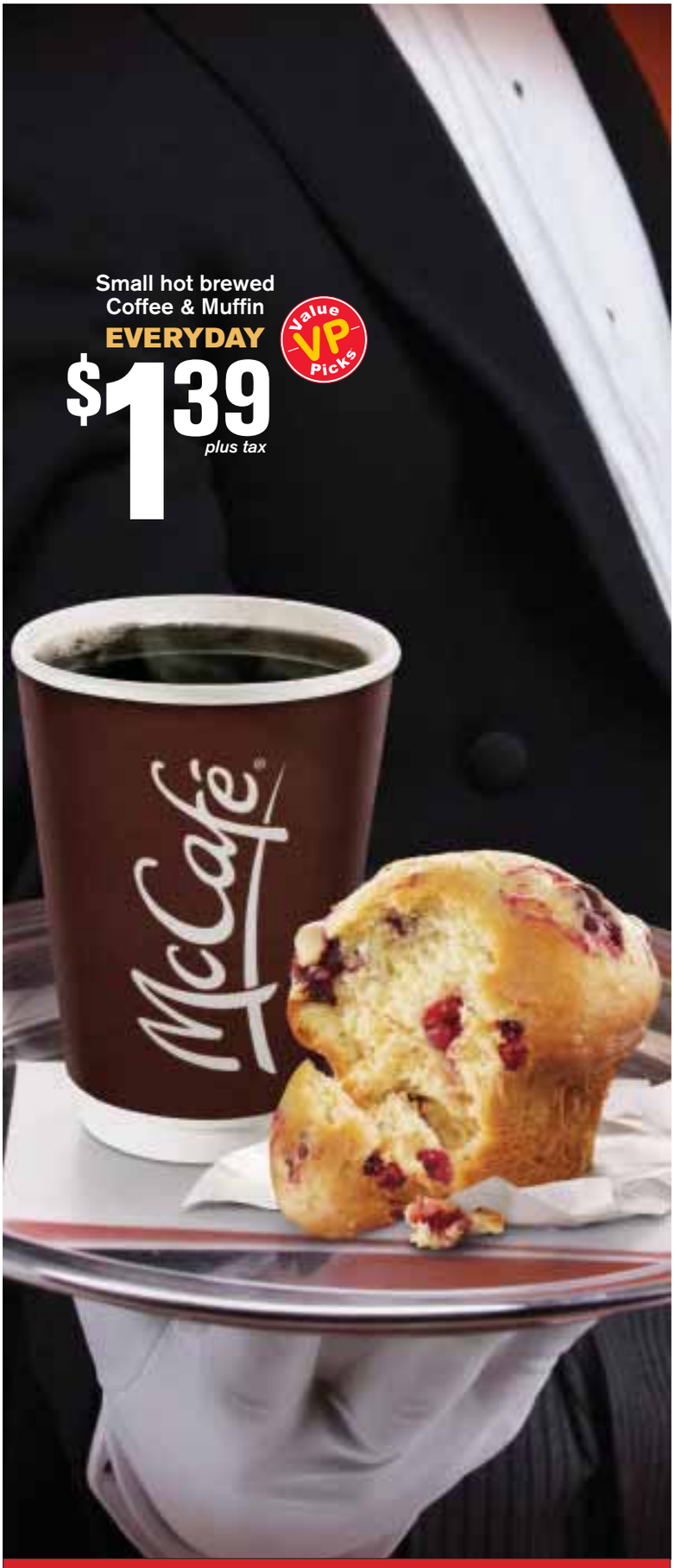

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They failed to die for their cause, now they tell all

Suicide bombers. Former top Israeli intelligence officer persuades them to reveal why they volunteered to kill

GRAHAM LANKTREE
Metro in Ottawa

What makes a suicide bomber?

Former top Israeli intelligence officer Yoram Schweitzer decided to find out.

For two and a half years, he interviewed would-be bombers whose missions failed.

Many, both men and women, don't consider themselves suicide bombers, but soldiers, he told students and faculty at Carleton University ahead of a talk at the University of Ottawa's Centre for International Policy Studies.

Quoted

"I really wanted to listen to what they had to say. To have it coming from their mouth and listen to how they articulated their arguments and motivations."

Yoram Schweitzer, one-time head of the Israeli Defence Forces' Counter International Terror Section

"Most of them are not suicidal," he said.

"They perceive themselves to be soldiers in their own way. This was the easiest thing to do, in a sense, to press a button.

"Many are not part of the terrorist organizations, they just volunteer for the mission."

Were the would-be bombers disappointed by the failure of their missions? Schweitzer wondered.

"They themselves told me that it was God's decision," he said.

"They said, 'I was ready to sacrifice myself, I knew the risks. If God decided that I'm still here, then I'm here.'"

Schweitzer went on: "Some of their stories are quite touching. As more time went on, I could listen and try to understand the mindset of a terrorist.

"This phenomenon of suicide terrorism seems to be very individual at the end of the day."

Israel was hit by more than 60 suicide bombings in 2002. But since that spike, casualties inside the country have been brought down to nearly zero — a feat accomplished largely through information sharing between different Israeli military organizations, Schweitzer said.

Mud, glorious mud ... not!

There goes the neighbourhood. Residents of the Hillside Park area in Daly City, Calif., woke up Tuesday to flooded streets and vehicles buried in mud after a broken water main sent 45,000 gallons of water spewing down a grassy hillside. ERIC RISBERG/THE ASSOCIATED PRESS

'Painful' claim

Mr. Elmo's teen accuser recants

A man who accused Elmo puppeteer Kevin Clash of having sex with him when he was a teen has recanted his story.

In a quick turnabout, the man on Tuesday described his sexual relationship with Clash as adult and consensual.

Clash said he is "relieved this painful allegation has been put to rest."

The man, who has not identified himself, released his statement through a Harrisburg, Pa., law firm.

The whirlwind episode began Monday, when Sesame Workshop — which produces Sesame Street — announced that Clash had taken a leave of absence in the wake of allegations he had a relationship with a 16 year old.

Clash is a 52-year-old divorced father of a grown daughter. His accuser is in his early 20s.

Clash acknowledged he is gay.

THE ASSOCIATED PRESS

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PM's blast puts troubled teen's inquest on track

Co-operate, Harper says. And now, after outrage over videos, all parties in probe try to get along

Ashley Smith is surrounded by guards at the Joliette Institution in Quebec in this image made from video. She was shunted among nine different prisons in five provinces. HANDOUT/THE CANDIAN PRESS

The long-delayed inquest into the jail death of a troubled teenager finally appeared to be on track Tuesday.

There were unprecedented signs of co-operation by prison authorities and doctors who had been fighting tooth and nail to limit damning details.

Instead of the legal wrangling that has become the hallmark of the Toronto probe into the death of Ashley Smith, the parties spent a few hours in rare agreement before proceedings were adjourned until the new year.

Earlier, the screening of disturbing videos sparked widespread outrage.

The videos showed authorities duct-taping a hooded, docile Smith to her airplane seat and injecting her against her will with tranquilizers.

Prime Minister Stephen Harper called authorities' treatment of Smith unacceptable and ordered them to co-operate with the inquest.

Smith, 19, died in her cell after wrapping cloth around her neck. Guards who were ordered not to intervene stood watch outside her cell.

THE CANADIAN PRESS

Modern-day Rasputin jailed

France. Swindler gets eight years for brainwashing French aristocratic family into handing over their fortune and home

A man described as a modern-day Rasputin was convicted Tuesday of brainwashing three generations of an aristocratic French family for nearly a decade, swindling them of their fortune and their turreted manor.

Thierry Tilly, who was sentenced to eight years in prison by a court in Bordeaux, became a confidante of the landed Vedrines family in 2000. Over nine years, the man who local media dubbed "the guru" manipulated the family of 11 — aged from 16 to 89 — into believing there was a secret masonic plot against their lives, according to court testimony.

Family members were so convinced of his story that they locked themselves inside their chateau for several years, terrified they would be killed. They sold their possessions — including the family manor — and handed over $5.7 million US.

The case raised echoes of the trial involving France's richest woman, 90-year-old L'Oreal heiress Liliane Bettencourt, who was swindled by a French tax lawyer into handing over a private Seychelles island to him.

THE ASSOCIATED PRESS

Moving on

"The trial is behind us and we will do everything to rebuild."

Christine de Vedrines, a family member who had alerted police to Thierry Tilly

Christine de Vedrines, centre, and Philippe de Vedrines, right, leave the Bordeaux court in France Tuesday. Thierry Tilly, an alleged modern-day Rasputin, has been convicted of swindling the aristocratic French family of their fortune and their turreted manor. THE ASSOCIATED PRESS

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Belize. McAfee software founder denies role in neighbour's death

Software company founder John McAfee is denying any role in the slaying of his neighbour on a Caribbean island, according to an online article posted for Wired magazine.

Wired said McAfee called a reporter on Monday to say he was hiding from police who want to question him about the death of 52-year-old Gregory Viant Faull, whose body was found on Sunday. He is quoted as saying police would kill him if they find him.

McAfee said he saw police coming on Sunday and hid, burying himself in the sand and putting a cardboard box over his head so he could breathe, according to the article.

McAfee reportedly said that whoever shot Faull may have been gunning for him instead and mistakenly killed his neighbour.

Faull was found with a gunshot wound to his head inside his two-storey home north of San Pedro, a town on the island of Ambergris Caye, said Raphael Martinez, spokesman for Belize's Ministry of National Security. The housekeeper discovered the body Sunday morning and called police.

Software company founder John McAfee YOUTUBE

Martinez said that no charges had been filed in the case.

Belize police said Tuesday that McAfee, 67, remains a "person of interest" in the death of Faull, not a suspect, and that he is being sought for routine questioning. They believe he is still in Belize, but they have also contacted authorities in Mexico and Guatemala, which border Belize, for help in locating McAfee.

McAfee sold his stake in the anti-virus software company that is named for him in the early 1990s and moved to Belize about three years ago to lower his taxes.

THE ASSOCIATED PRESS

United Arab Emirates

Gulf state cracks down on online activism

The United Arab Emirates set stricter Internet monitoring and enforcement codes Tuesday that include wider leeway to crack down on web activists for offences such as mocking the rulers or calling for demonstrations.

This month, a Bahraini man was jailed for six months on charges of insulting the king in Twitter posts. In September, a journalist-blogger in Oman received a one-year prison term for alleged anti-government writings.

THE ASSOCIATED PRESS

China conclave

Communist officials embrace social media

During China's last party congress, officials didn't know a hashtag from a hyperlink. But five years on, they have embraced social media with unprecedented enthusiasm, hoping it can stir up excitement about the staid party meeting this week.

Dozens of delegates are using social media to post about party leader Hu Jintao's reading of highlights from the party work report. But it is also being used by the public to poke fun at the propaganda. THE ASSOCIATED PRESS

Market Minute

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CSeries planes

Bombardier steps up China alliance

Bombardier Inc. is continuing its push to win orders of its CSeries planes in China by strengthening its collaboration with Chinese aircraft manufacturer COMAC to develop common features for their aircraft. "It's meant to develop commonalities that will make both of our aircrafts attractive to customers in China, but also around the world," said a Bombardier spokeswoman. THE CANADIAN PRESS

A COMAC employee poses in front of a poster of the firm's C919 jet. COMAC and Bombardier are jointly developing components for their respective C919 and CSeries aircraft. IMAGECHINA FILE

Accounting scandal

Investors sue Olympus for $240M

Olympus Corp. says nearly 50 shareholders have filed a suit seeking about $240 million in compensation for their investment losses stemming from a massive accounting scandal.

The Japanese camera and medical equipment maker said Tuesday that 48 mostly foreign institutional investors and pension funds filed the suit in Tokyo District Court in June. The court documents reached Olympus on Monday. The plaintiffs include the San Diego's city employees' retirement fund and a Singapore government unit.

Olympus officials have acknowledged hiding huge losses for years, using overseas bank accounts, paper companies and dubious acquisitions to keep them off its books. THE ASSOCIATED PRESS

Larger deficits could delay Tory promises

Fall update. Weak global economy means Ottawa won't show surplus until 2016-17

The Harper government has pushed back its target date for eliminating the deficit by one year, leaving open the possibility it won't be able to fulfil two key election promises on income splitting and doubling tax-free saving accounts.

Finance Minister Jim Flaherty delivered his fall economic update Tuesday, saying global economic weakness has carved into commodity prices and tax revenues.

The update showed a bottom line for this fiscal year worse than many expected, with the deficit at $26 billion, up $5 billion from the March budget forecast.

This year's deficit would be even higher, by about $7 billion, if Flaherty hadn't hedged his bet by adding a $3 billion cushion, or margin for risk, into his budget calculations.

Flaherty also said it will take a year longer than predicted to balance the budget.

Finance Minister Jim Flaherty THE CANADIAN PRESS

During the last election campaign, the Conservatives said they would establish the Family Tax Cut income sharing for couples with dependent children under 18 years of age. It would give spouses the choice to share up to $50,000 of their household income for federal income tax purposes.

The Conservatives promised it would be implemented during this term in office when the federal budget is balanced.

But when asked Tuesday about the program's fate, Flaherty said it will have to wait. "Any movement on that will have to await a balanced budget," he said.

The government had also promised to double the contribution to tax-free savings accounts to $10,000 once the budget was balanced.

"Canada has clearly been affected by volatile and falling world commodity prices since the budget in late March," Flaherty said in a speech to a Fredericton business audience.

"And the forecast of private sector economists is consistent with the view that world commodity prices will remain below the level anticipated at the time of the budget." THE CANADIAN PRESS

By the numbers

$26B

Ottawa now projects its deficit will rise to $26 billion this fiscal year, which ends in March, as opposed to the predicted $21.1 billion. Going forward, the deficit is now projected at $16.5 billion next year, compared with the budget estimate of $10.2 billion, and $8.6 billion in 2014-15, as opposed to $1.3 billion.

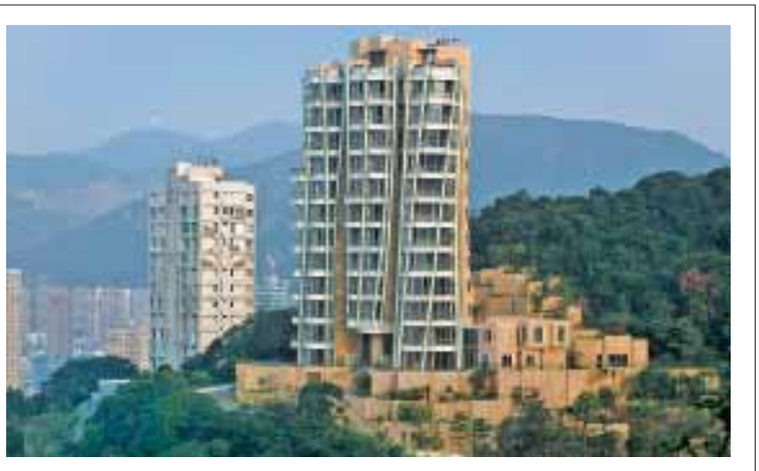
Newspapers

Quebecor cuts 500 Sun Media jobs

Quebecor Inc. is cutting about 500 jobs at its Sun Media newspaper division in a move that includes closing two production facilities in Ontario as it copes with lower advertising revenue.

"Although our circulation revenue has stabilized due to strategic pricing increases, the advertising sector continues to experience declines through the news and media industry," chief executive Pierre Karl Peladeau said Tuesday.

The Southern Ontario Newsmedia Guild said about 27 journalists' jobs will be eliminated as the company centralizes copy editing and pagination in Toronto. Up to 100 jobs will be lost when the printing plants in Ottawa and Kingston close, the guild added. THE CANADIAN PRESS



If you thought the Canadian housing market was overheated...

The luxury residential building Opus Hong Kong, designed by Frank Gehry, is shown in Mid-Levels east of Hong Kong. A local property company said Tuesday it sold a 6,683-square-foot apartment on the building's ninth floor for almost $60 million. It did not say who the buyer was. The sale comes amid growing concern over surging property prices in Hong Kong. KIN CHEUNG/THE ASSOCIATED PRESS

BHP Billiton sells diamonds business to Harry Winston

BHP Billiton is selling its diamonds business, including its stake in the Ekati diamond mine in the Northwest Territories, to Harry Winston Diamond Mines Ltd. for $500 million US in cash.

Under the deal, BHP Billiton's employees working at Ekati, in Yellowknife and in diamonds marketing in Antwerp, Belgium, will join Harry Winston, a Toronto-based mining and retail company.

"The mine's success is a credit to the people who work there, at Yellowknife and with the marketing team in Antwerp," said Tim Cutt, BHP Billiton Diamonds & Specialty Products president.

"Harry Winston has long experience in the Canadian diamond industry and their commitment to study further development at Ekati could help extend the mine's contribution to Northern Canada for many years to come."

BHP Billiton, a diversified mining company involved in a wide range of commodities, launched a review of its ownership in the project last year. THE CANADIAN PRESS

Ekati mine

- The Ekati mine, Canada's first diamond mine, is located 310 kilometres northeast of Yellowknife and 200 kilometres south of the Arctic Circle.
- Harry Winston already owns a 40 per cent stake in the nearby Diavik mine, also in the Northwest Territories, in a joint venture with Rio Tinto.

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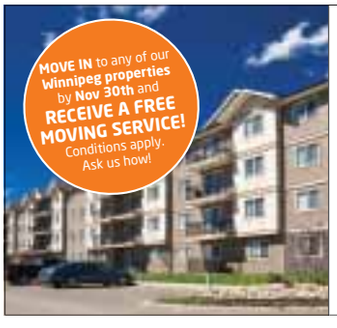
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IT'S THE END OF THE WORLD

JUST SAYIN'
Paul Sullivan
metronews.ca

Terrorists, earthquakes, hurricanes, blackouts, financial collapse, pandemic, nuclear fallout, oh my.

Not to mention the end of the world, which is even closer than Christmas: Dec. 21, according to most paranoid interpretations of the Mayan calendar.

All of these threats, real or imagined, have spawned a new generation of survivalists called "preppers." And of course, they have their own reality TV show: Doomsday Preppers, the most watched show on the National Geographic Channel.

(Have you noticed a trend? These channels like The Learning Channel, the History Channel, the Outdoor Life Network, and now, sadly, the National Geographic Channel, start off all high-minded, but inevitably deteriorate into a trailer-park farce of bounty hunters, repo men, hoarders, flea market hucksters and, now, preppers.)

Stockpiling survivalist theories

"What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook."

Preppers are like hoarders with a clearly defined objective. They've got focus. Your average hoarder is an indiscriminate squirrel who stockpiles bottle caps or stuffed moose heads or — a classic — back issues of the National Geographic. Preppers, though, are preparing for a specific threat, real or imagined.

This week's featured prepper, Braxton Southwick of Salt Lake City, (these guys are never from sane places like Minneapolis or Cleveland) is worried about a weaponized smallpox terrorist attack, so he's stockpiled 700 pounds of flour, 600 pounds of sugar, 800 pounds of wheat (it won't be a gluten-free apocalypse), plus water, gas, diesel fuel, biohazard suits, coal, charcoal, and eight chickens. Oh, and 14 guns, so he can blast them bacteria to smithereens.

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook. Which means, naturally, that Iran is at this very moment developing an electromagnetic pulse weapon that will shut that grid down and 747s will fall from the sky, à la Revolution, that popular FICTIONAL show on NBC.

These people are not an isolated incident. A National Geographic survey shows 28 per cent of Americans know a prepper, and of course, there are prepper networks. (Mad jingle music: Oh I'm a prepper, He's a prepper, She's a prepper, We're a prepper, Wouldn't you like to be a prepper too!)

The Southwicks are part of a seven-family prepper pod who hunker down, er, go on vacation together.

Of course, the really sad thing is that just because these people are crazy, doesn't mean they're crazy. A lot of the eye-rolling stopped after Hurricane Sandy. Instead of being forced to curl up on soggy mattresses, preppers were high and dry with their stockpiles and backup generators.

The latest threat? The re-election of U.S. President Barack Obama, which apparently means the economy will collapse and your debit card will be worthless.

Better start stockpiling those bumper stickers that say: Don't Blame Me, I Voted For Mitt Romney.

Braxton Southwick and his daughter Rylee are seen as they prepare for a smallpox epidemic in West Jordan, Utah. NATIONAL GEOGRAPHIC CHANNEL

Picture-perfect parody

LANCE ARMSTRONG/TWITTER

TWITTER

Internet memes

Armstrong tweets pic and gets panned

Lance Armstrong posted the provocative photograph of himself posing with seven framed Tour de France winners' jerseys on Twitter.

"Back in Austin and just layin' around," Armstrong wrote Saturday to accompany the image of him laying on a sofa below the framed jerseys in the media and games room of his Texas home.

The picture caused a flood of comical memes poking fun at Armstrong for the tweet.

METRO

Other memes

- **Going Dutch.** Holland midfielder Mark van Bommel poked fun at both Armstrong and himself with his own tweeted picture, substituting out the victory yellow jerseys with yellow cards. Earlier this season, van Bommel, who now plies his trade at PSV Eindhoven, became the first player in Eredivisie history to pick up a yellow card in each of the first five match days of a Dutch top flight season.
- **Hall of shame.** Another photoshopped image circulating the twittersphere shows portraits of pro golfer Tiger Woods, former U.S. president Bill Clinton, ex-California governor Arnold Schwarzenegger and ex-Canadian sprinter Ben Johnson. Woods lost numerous sponsorship deals following revelations of extramarital affairs. Claims of infidelity have also hit Clinton and Schwarzenegger, while Johnson lost his Olympic 100-metre title due to doping.
- **What am I on?** Armstrong did a Nike commercial in 2001, where he responds to the question "What am I on?" with: "I am on my bike, busting my a– six hours a day" reinforcing his belief that his body is the only thing he needs to win. A parody has since appeared on YouTube with a voice-over saying Lance was on banned substances.

Urine and you're out

Photo enhancing technology

In this humorous Photoshopped picture, Armstrong's jerseys are replaced with images of performance-enhancing drugs and other narcotics, and a picture of a urine sample.

The U.S. Anti-Doping Agency ordered Armstrong banned from cycling for life and stripped of his Tour de France titles. The International Cycling Union, which had originally supported Armstrong's fight, later agreed to wipe out Armstrong's record titles last month.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Did you attend a Remembrance Day ceremony?

Twitter

@John_Gillis:
Feels like -20C in Winnipeg. Time for a Slurpee.

@therealcabbie:
Winnipeg AKA Winterpeg really owns its nickname. Piles and piles and piles of snow here.

@tailorroads:
I wonder how much @CruzerWpg will laugh as he's shooting the final day of our Gangnam Winnipeg Style video?!

@neilio:
Oh Winnipeg, withering in your wintery dryness Is like having a sumo wrestler furiously exfoliating your face with a large hunk of pumice.

@portagemcc:
Good news of the day: Parking rates remain unchanged in Portage la Prairie!!! #nickelpower #plpmb #winnipeg

metro

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SCENE 2

Looking for a new career? You can be a professional YouTuber

Fame. If you can get noticed, you can make some cash off the video-sharing site

RITA POLIAKOV
scene@metronews.ca

Lilly Singh was supposed to be a lawyer. Or a psychiatrist. Or a TV sensation.

But not a YouTuber.

"When I was younger, YouTube didn't exist," said Singh, a 24-year-old based in Markham, Ont., with a psychology degree and a knack for editing videos. "I only properly started using YouTube four years ago."

About two years ago, Singh (known as Superwoman to her cyber fans) decided to post her first video — not for fame, but for fun. Now, she not only has more than 100,000 subscribers, but has created a career on the site.

And she's not alone.

Before 2005, there were few outlets for people like Singh.

Then the video-sharing site was formed by three former PayPal employees. In 2006, it was bought by Google Inc.

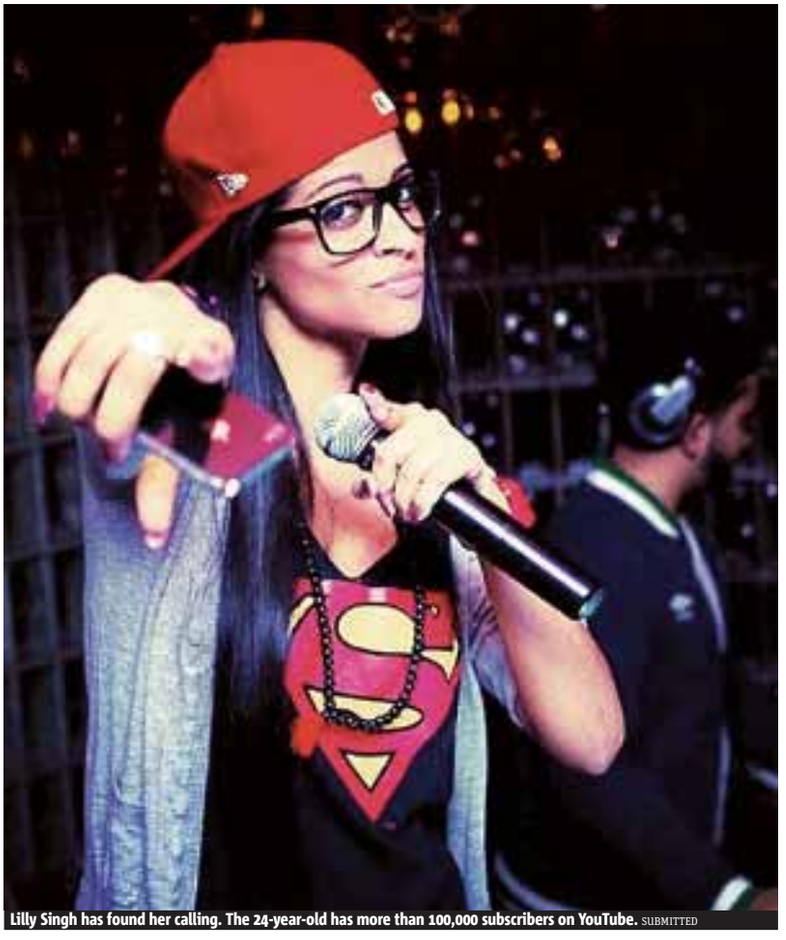
As more and more users started video blogging, the concept of a YouTuber was born.

Suddenly, those who could capture the attention of enough people could make money off the site.

According to Alhan Keser, a social media marketing expert, the process is fairly simple.

"After you get a certain number of views on your videos … Google starts to share ad revenue with you," he said.

While this process has changed through the years, it served Singh well.



Lilly Singh has found her calling. The 24-year-old has more than 100,000 subscribers on YouTube. SUBMITTED

"Initially, before YouTube changed the format, they'd send certain people the opportunity to monetize individual videos (meaning videos can display ads)," she said.

"Now, everybody who makes content can monetize a video, but not everyone is an official YouTube partner," Singh added.

Success on YouTube is about video views. The more views, the greater chance of becoming a partner, which provides users with extra tools to succeed on the site.

"Don't get me wrong," Singh said. "I'm not balling off YouTube. I'm just barely sustainable."

While she may not be rich, the YouTuber has found her calling.

"My dad still thinks I'm going to be a lawyer till this day. I sat (my parents) down and I'm like, 'Listen. This is what I want to do, but I promise you I'll do it well,'" Singh said.

And she has.

Her videos, which range from skits about living in an Indian household to rants about the difficulties of working out — "What if there's little people that live in our boobs, and every time we do jumping jacks it's like an earthquake for them?" — often get more than 100,000 views.

"(YouTube) has allowed people to express themselves in a way that wasn't achievable before," she said.

Tips

Lilly Singh, or Superwoman, as she's known on YouTube, turned her videos into a full-time career. So how do you capitalize on the site's potential? Singh and social media marketing expert Alhan Keser, of Blue Fountain Media share some tips.

- **Make videos people want to watch.** "Unless you create content people keep coming back to, it's not going to happen. Just like any publication, you've gotta be creating content that's relevant to your following," Keser said.
- **Promote yourself.** "To get the views, a good way to start is to use the promoted videos option. You pay a small amount for your video to show up for certain searches," Keser said. YouTube's keyword tool can also help ensure viewers find your videos.
- **Don't mind the haters.** "You can not let (mean comments) get to you. You need to really love what you're going to do and commit to it. Above all, believe (in) what you're posting," Singh said.

Robert Schwartzman: Doing whatever suits him

Robert Schwartzman doesn't know where he is, artistically speaking that is. Geographically, he seems aware of his location.

He's in L.A., having just arrived home from Qatar, where he was working on a film shoot. He's about to leave for East Coast dates for his solo album, Double Capricorn.

But, artistically speaking, the musician/actor and Rooney frontman is floating — just a bit. "I'm figuring out what I want to do with all this stuff," he says of acting, film scoring and the pop music he continues to record. "In a good way! It's all over the place. I'm happy that it's not defined.

Robert Schwartzman
ADAM BETTCHER/GETTY IMAGES

I can play around with different things." Schwartzman insists that his power pop project — the band known as Rooney — are not disbanded, just on hiatus.

"I think of it like marrying your high school sweetheart. We were high school friends who formed a band and toured and experienced all these things together. We all reached a point where we were like, 'Let's take a second.' It seemed a healthy moment to collect ourselves."

Why not just take a break from music altogether?

"I don't know if I can. I can't get too far away from it," says Schwartzman. "Now I've had all this time to look at new opportunities — I've been pursuing that. I want to keep things fresh. I don't want same old-same old."

METRO BOSTON

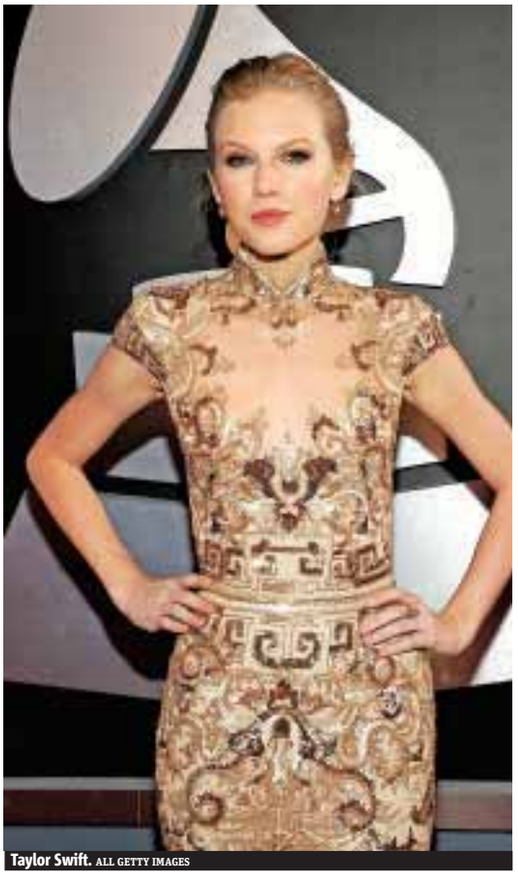
Family discipline

Robert Schwartzman had acting roles in cousin Sofia Coppola's The Virgin Suicides and The Princess Diaries.

His uncle is Francis Ford Coppola, older bro Jason is Wes Anderson's go-to guy, their mom is actress Talia Shire (The Godfather and Rocky) and his dad was a producer.

Yeah, he grew up in a showbiz family.

"From a bird's eye view, it looks like that. … But I was all about music and movies. I love movies and acting, when the project is right. My mother would make us watch these great movies, force us to watch Clockwork Orange-style," Schwartzman jokes. "I couldn't close my eyes for three days."



Taylor Swift. ALL GETTY IMAGES

Taylor Swift doesn't want to wear the pants in a relationship

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do.

"If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we break up," she tells Harper's Bazaar.

"It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Clock ticking on Bieber, Gomez getting back together?

While Justin Bieber fans are still in shock over his split from Selena Gomez, there might be good news for them on the horizon.

It appears the pair met up on the sly at the London Hotel in New York City this week, according to Hollyscoop.

Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard.

And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a reconciliation.

Emma Stone

Emma Stone officiates wedding for her publicist, director

Emma Stone may not be ready to talk marriage with Andrew Garfield, but she's definitely up for helping friends get hitched.

The Amazing Spider-Man star officiated the wedding of her publicist, Holly Shakoor, to her Zombieland director, Ruben Fleischer, over the weekend in Ojai, Calif., according to Us Weekly.

"She was very eloquent and composed and didn't seem nervous at all," a source says. "(Shakoor and Fleischer) always credited Emma with them finding each other, so having her officiate the wedding was a no-brainer."

Also in attendance were Garfield, Sofia Vergara, Gabrielle Union and Christina Hendricks.

Twitter

@aplusk
What is the most useful app on your phone?

@katyperry
I finally turned the faucet back on and it's a flowing... Well well well

@ParisJackson
had soooo much fun at disneyland today!!

@SteveMartinToGo
Latest poll shows that many American believe that Abraham Lincoln is the current president who just made a movie.

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5 spots to go wild

Want to see your favourite animal outside the zoo?
Here are the best places to track down some of the world's most exciting beasts.

EMMA E. FORREST
Metro World News

1 Lemurs in Madagascar

The world's fourth-largest island of Madagascar has unique and exotic flora and fauna that has evolved since it became isolated more than 160 million years ago, and its most iconic species is the lemur. There are more than 30 kinds of this cute primate living on the island. Stay at Vakona Lodge and you can go on expeditions into the local rainforests to find nocturnal and daytime lemurs including the Indri Indri, Diadem Sifaka and mouse lemur. The Lodge also has a private reserve on an island, which is home to black and white ruffed lemurs and eastern lesser bamboo lemurs that have been rescued from captivity.
aardvarksafaris.com.

2 Orangutans in Borneo

Love a flaming redhead? Then you probably love orangutans. You can find them in the wild and in rehabilitation centres in the Malaysian island of Borneo. The best place to track them down is by following one of the trails in the Danum Valley Conservation Area or by boat along the Kinabatangan River at the Kinabatangan Wildlife Sanctuary in Sabah, where you'll also see crocodiles, proboscis monkeys and elephants. The shaggy beasts also roam free at the rehabilitation centre in Kubah National Park in Sarawak, and you can join a ranger on a jungle tour to visit them.
tourism.gov.my

3 Kangaroos in Australia

Want to spot a kangaroo bouncing in the wild? The best place to find them is Kangaroo Island, South Australia, a short flight from the city of Adelaide. The island broke free from the mainland 10,000 years ago and there's even a unique sub-species of kangaroo there as well as the regular 'roos. A third of this island is preserved as a national conservation park, and it's a bit like a zoo without enclosures, with many of the country's native creatures roaming free, including wallabies, koalas and spiny short-beaked echidnas.
southaustralia.com

4 Leopards in South Africa

For the best sightings of leopards languishing in the trees, the best place is Sabi Sand, the oldest private reserve in South Africa and home to a huge wealth of Africa's most exciting animals, including lions, cheetahs, giraffes and, of course, leopards. It's also the setting for some of the country's most glamorous lodges. Their expert trackers will take you by four-by-four to hunt down leopards to shoot — with your camera, of course. For a honeymoon, stay at a lodge in the Singita Sabi Sands concession, where you can recover in plush surroundings after getting up at 5 a.m. to look for leopards.
singita.com

5 Pandas in China

Remember those adorable pandas you saw on the news when they were relocated after the huge earthquake in Sichuan province in 2008? All 18 of them have just returned to eat their bodyweight in bamboo at the Wolong Nature Reserve, 100 kilometres from Chengdu city, where they live in large, newly-rebuilt enclosures. You can hold panda babies and volunteer to look after them there or at Bifengxia Panda Reserve where the Wolong pandas stayed after the quake. It's only a two hours drive from Chengdu, and visitors can see adult and baby pandas in an enclosure.
thechinaguide.com

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Easter Island still filled with mystery

Tricky travels. The moai statues aren't the only enigma on this remote outpost — try booking a hotel and planning a trip

From its famed giant stone statues to finding a good, affordable hotel, Easter Island is full of mysteries.

There are ancient questions, like how the statues were transported, and why the island lost its trees. And there are modern puzzles, like what $1,600 a night will get you in a hotel and why roads aren't better marked for visitors touring the island.

Perhaps it's fitting that riddles still exist on the most remote inhabited island on earth — a Chilean territory in the South Pacific, 3,700 kilometres to the west of the South American continent.

A recent issue of National Geographic magazine outlined six different theories on how a people with no wheel and no draft animals were able to move massive statues weighing up to 90 metric tons as much as 18 kilometres across the island.

Upon arriving, visitors are greeted in the Polynesian tradition with flower leis, then given a brief tour of the town of Hanga Roa, home to most of the island's 5,500 residents.

With more than 50,000 visitors a year, the island is home to an assortment of restaurants, car rental agencies, markets, souvenir stores, watersport shops and small hotels, and since everything is imported to the island, prices are high.

It can be a challenge to plan a trip to Easter Island. Little independent information is available online, and Easter Island, or Rapa Nui as the locals call it, is but a few pages in most guidebooks. Most hotels appear spartan, while the luxurious and all-inclusive Explora is $1,600 a night. A new option, the waterfront Hangaroa Eco Village & Spa, rings in at $550 a night. Once settled in your hotel, arrange a day-long outing with James Grant-Peterkin, author of the book A Companion To Easter Island.

His tour takes visitors around the 163-square-kilometre island, introducing them to the moai statues. Although they are often referred to as heads, they are in fact whole-body carvings made by descendants of the first Polynesian settlers hundreds of years ago. Just what they represent and why they were toppled in the century after the first European explorers arrived in 1721 is another unknown.

Fewer than 50 of the statues have been re-erected by archeologists, and the most impressive of these is a site where 15 colossal moai stand on a ceremonial platform more than 213 metres long. Just down the road is the National Park of Rano Raraku, the quarry where the moai were carved. A path winds among the 400 statues, completed to varying degrees. Whatever their reason, there is no doubt that workers stopped ahead of schedule, leaving a stone graveyard.

Most of the moai are buried up to the neck, giving the impression that they are nothing more than heads. One, lying on its back, measures about 21 metres in length. Another has a petroglyph of a European sailing ship scratched onto its belly. One depicts the moai kneeling, the only one known to have legs.

But there is more to the island than moai. Visit the site of the ancient birdman competitions, where men would scramble down a 305-metre cliff, then swim 1.6 kilometres through crashing waves to a rookery where they would camp, waiting to claim a tern egg for their chief.

There are volcanic craters, and a 6.4-kilometre-long lava tube, and you can swim off a sandy beach in the shadow of more moai.

Yet another small wonder can be found at the island's tiny museum. Here, one can examine copies of the wooden Rongo Rongo tablets, which are covered in an unknown script. Only 26 of these remain in existence, all overseas, and all undeciphered, adding to the mystery of Easter Island.

THE ASSOCIATED PRESS

If you go...

- **Easter Island.** A Rapa Nui National Park pass is $50 at the airport for non-Chileans, $60 elsewhere.
- **Getting there.** Direct flights on LAN Airlines from Santiago, Chile; Lima, Peru and Tahiti.

Fifteen moai stand watch at Tongariki on Easter Island. THE ASSOCIATED PRESS

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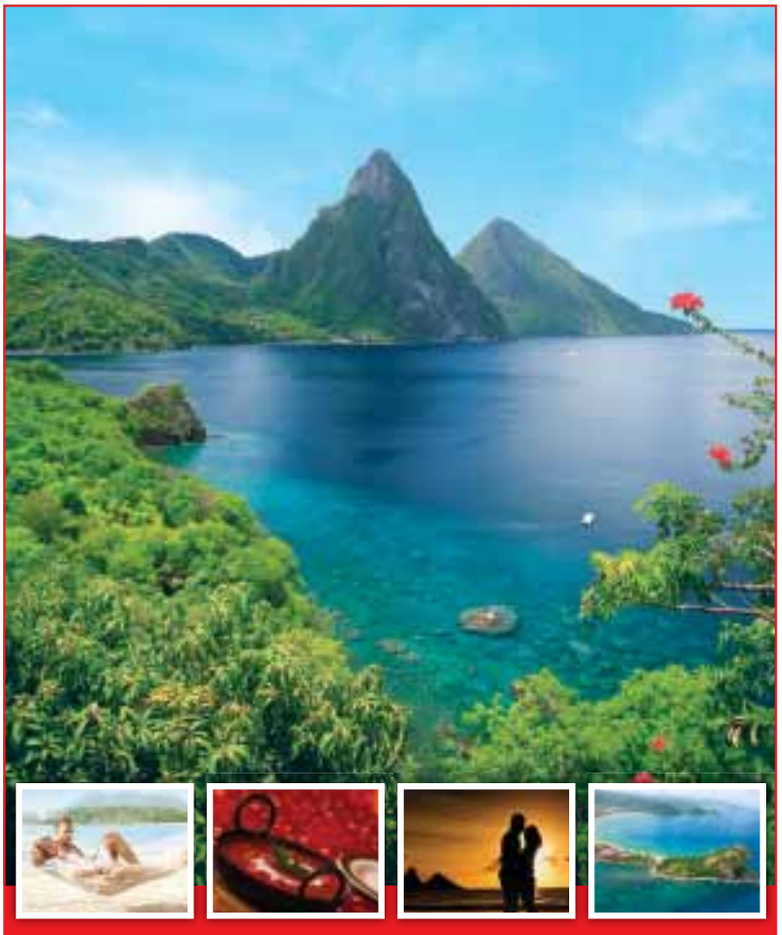

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Pitch perfect: Selling the professional self

A CV for sales.
It's a position that calls for impeccable presentation, so give that resumé a serious once-over

LEAH RUEHLICKE
TalentEgg.ca

If you're looking to enter the sales industry, your first task will be effectively selling yourself through your resumé.

After all, if you can't submit a convincing pitch or create an effective sales document, employers probably won't take you seriously for an entry level sales job.

Lidia Cords, human resources and talent acquisition manager at Collective Point of Sale Solutions in Toronto, offers some tips and best practices on how to ensure you make that sale:

Sales resumé No. 1: Have an objective

Including a relevant objective confirms to a potential employer that you know which job you're applying to and have made efforts to personalize your resumé for that position. You can even mention the name of your desired role in the objective.

That being said, having no objective is better than having a general objective. "So often objectives don't make sense to the role you're applying to and you can lose credibility that way," Cords warns.

Demonstrating that you are a results-oriented individual is imperative in landing that sales job. ISTOCK

Sales resumé No. 2: Be relevant and specific

"The way you showcase your experience is what's going to set you apart," Cords says. For example, imagine two resumés with the same experience at a fast food restaurant. If one candidate lists very simply what their role was, while the other elaborates that they often worked the drive-thru and consistently beat the time allotted for each order, it's easy to see which resumé an employer is going to be more drawn to.

Sales jobs are often about meeting goals and achieving targets, whether that's in terms of dollars and cents, contacts made, meetings booked or other metrics, so it's essential that you find ways to demonstrate that you are results-oriented in your resumé.

Furthermore, not all students and new grads have a lot of direct sales experience, but there are many ways you can tap into other experiences you've had and relate them to sales.

You might have worked for your school's alumni association conducting cold calls to potential donors, for example. This would allow you to showcase your ability to communicate and negotiate with people, and express your experience making outbound calls. "This is a skill you really want to highlight for a sales job," Cords says. "You really want to pull out the relevant skills that make sense for the job you're applying to."

Before you send it off...

There are some little things that one might not even think about when submitting a resumé, but when you're reviewing an endless pile, these things start to get noticed:

- Ensure your contact information is correct.
- If you live outside of the city in which you are applying to, make sure you say in your cover letter that you are re-locating.
- If you are continuing your education and list this on your resumé, again use your cover letter to explain your status. Many employers may assume you are a full-time student, so if you're applying to a full-time job, this might cause your resumé to get passed on. A quick note in your cover letter that you are "taking a night class in (area of study)" should clear things up.

Sales resumé No. 3: Use keywords

The sales industry, like any field, requires candidates with particular strengths. Use words and phrases such as:

- self-motivated
- results-oriented
- competitive
- outgoing
- hard working
- driven

Then explain why these words describe you using real examples. For example, including your extra-curricular experience on a sports team will demonstrate your competitiveness. Writing about your leadership role on a committee at school shows your hard-working nature.

"Keywords are important," Cords says. "Really review the job that you're applying for and emphasize their criteria on your resumé."

Sales resumé tip No. 4 Be eye-catching and error free

Every recruiter is going to have a personal preference as to what really catches their eye, but something that all hold as absolutely vital is a resumé that is easy to read. "If a resumé is hard to read and you can't see those keywords quickly, you might get bypassed," Cords says.

Cords also emphasizes the importance of ensuring you have zero mistakes in the spelling and grammar department.

Another tip? Present your resumé in a PDF file rather than a Word document (unless otherwise specified, of course — pay close attention to what the employer is requesting).

When an employer opens up your resumé on a Word document, they're going to be presented with all of those oh-so-eye-appealing red underlines. Even if you have nothing spelled wrong, the name of a company or even your own name is bound to get noticed by the spell checker. "This brings attention to those things rather than your experiences and what is actually important," Cords says.

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Developing dreams. This exciting line of work requires brains, brawn and an entrepreneurial spirit

HERBERT LUI
TalentEgg.ca

There's an extremely important function in a business that has gained a lot more prominence lately. The words "business development" are starting to pop up more and more. Even more relevant is an organization's willingness to let young workers and interns participate in this function.

Fundamentally, as the name suggests, business development is about growing a business. In larger companies, this means creating a very high-level vision, and developing the relevant strategies for the company to reach that vision.

There's often a mix-up that happens in people's minds between business development roles and sales roles. "The confusion happens because with startups, those two stages are the same. In comparison to the early days of brute force selling, companies gradually need to start looking at growing at a more strategic level," explains Jet Cooper co-founder and director of business development Satish Kanwar.

In smaller startups, a lot of business development is essentially intertwined with sales, because that's the healthiest way for smaller organizations to grow. Customer acquisition, especially in the early stages of a company, is a crucial task to a young company — both in terms of cash, but also in terms of idea validation and increasing its appeal to potential investors or acquirers.

"Business development determines how much of the business will grow, and where that growth will come from, and defines the approach to capturing that growth," elaborates Kanwar. "Sales creates the relationships with customers or users in order to align them to that product or service. Sales is the execution of the plan; business development is the creation and focus, and measurement, of that plan."

Business development, as a whole, is very much about exploring the unknown. Creativity is crucial to this role. Similarly, focus is important. Business development people can't afford to spend their time in random meetings. Instead, they need to work with brands that have momentum.

Excellence in business development also comes in the form of a quality that a lot of successful business development people share. The term hustling refers to a trait that is extremely valued, particularly by individuals looking to recruit for business development. There isn't one standard definition of hustling, but essentially hustling is about working hard, being resourceful, and making results happen on time.

I'm a hustler, baby

Those of you interested in a business development role may be curious to see if you'd fit in well. Vino Jeyapalan, who was a business development account manager at mobile advertising startup Kiip, highlights these principles as essential:

- **The results show**: A business development role absolutely requires delivery of promised results — if you like the challenge and work best under this bit of pressure, then this will be a good role for you.
- **Build quality relationships:** Clients aren't just prospects with names — they're human beings. It's important not to only sell your product, but to also sell your personality traits and your delivery of services for the client.
- **Be persistent:** There will be days when you close every deal, but there will also be days when nothing seems to go properly. As an individual responsible for growing the business, your job calls for you to come to work every day fresh and ready to hustle.

What does it all mean?

"Business development determines how much of the business will grow, and where that growth will come from."

Satish Kanwar
Co-founder and director of business development of Jet Cooper

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Student voice

A rough go after graduation

Harmanmeet Garg
Graduate, Computer networking
Humber College
TalentEgg.ca

I came to Canada as an international student and studied computer networking at Humber College in Toronto. Then I moved to Winnipeg to settle and get permanent residency because it's easier to get permanent residency in Manitoba than in Ontario.

When I graduated, I applied for lots of jobs and I am still applying — every day I apply for 20 to 25 jobs online, and on weekends I hand out my resumés at stores. I have the computer knowledge, excellent mathematical, data entry, multitasking and interpersonal skills, and I am hard-working, but I have received no replies to my applications. I am working full-time at Wendy's, where I am doing my best to get promoted because I don't want to work on a grill dropping meat patties for $10 an hour. I respect every job and profession, but it's not my career interest.

My advice for students

My advice is choose what you study according to your interests and study hard, because when you graduate it matters a lot how well you studied.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE.

The pink slip can be a colourful second chance

Grin after the goodbye. How to bounce back from a surprise layoff

JULIA WEST
life@metronews.ca

This hurts — but if you didn't actually love the job, now is a good time to do some thinking. ISTOCK

No matter how many stories you hear about downsizing and layoffs, you're never quite prepared when you're the one losing a job. There's nothing wrong with being shaken and shocked by the initial blow — it's all about how you get back on your feet that will make the difference in your career's trajectory.

Before you start feverishly editing your resumé and obsessing over job sites, take some time to process what happened.

Ricky Cohen, author of Risk to Succeed, suggests taking three weeks before making any big moves.

"During the first week a person should mourn his or her loss," explains Cohen. "The second week should be dedicated to an objective evaluation of where he stands, the lessons learned and the future opportunities. The third week should be one where a plan is developed with the components to ensure the greatest possibility of success."

During this time of reflection, it's a good idea to think about what excites you. If you're going to redirect the path of your career, now is a great time to do so.

"Ask yourself what you really want to do," says Josh Tolan, CEO of Spark Hire.

"Have you just stayed at your job because it was a steady paycheque or because you really loved what you were doing day in and day out? If you were unhappy even before the pink slip, use this as an opportunity to refocus your energies."

When the time comes for you to start applying for a new position, try to remain positive.

"Attitude is everything during the job search," says Amit De, CEO and co-founder of Careerleaf.

"An unexpected layoff is certain to start a job search off in a less-than-positive direction. As a job seeker, it's important to remain positive, confident and prepared."

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Metro Winnipeg is looking for a passionate and innovative Marketing Specialist to join our dynamic team! Working out of the Winnipeg office, the successful candidate will be responsible for the local marketing of Winnipeg.

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- University or College Degree in Marketing or Advertising
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- Highly organized and detail oriented
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If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than November 21, 2012. PLEASE QUOTE "Marketing Specialist - Winnipeg" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro

HELP DODGE DIABETES

First, the bad news: Type 1 diabetes is on the rise.

Unlike type 2 diabetes, type 1 is an auto-immune disease. You can't prevent it, and while it can be treated, it can't be cured.

Now the good news: A cure is close.

Experts agree that a cure for type 1 diabetes is achievable in our lifetimes — if researchers receive enough funding. World Diabetes Day, happening Nov. 14, gives you a chance to show your support for this cause.

At 6:30 p.m. on Nov. 14, members of the Winnipeg chapter of the Juvenile Diabetes Research Foundation (JDRF), along with volunteers and guests, all dressed in blue, will gather on the grounds of Manitoba's provincial legislature. After forming a blue circle — the symbol for diabetes research — they will play a friendly game of dodgeball. All ages are welcome.

"It's an opportunity for all of us to get together and raise awareness about type 1 diabetes," says Dorothy Ross, regional manager, JDRF Winnipeg.

"Not everyone realizes that type 1 diabetes is on the rise; even fewer realize how close we are to curing it. There's no better time to get the word out and encourage donations."

Refreshments will be served during and after the event, which will last about an hour.

To join the blue circle, simply phone 204-953-4477. Participants are asked to wear warm blue clothing and bring a regular flashlight. Blue caps will provided for the flashlights, allowing them to shine blue.

To learn more about JDRF Winning chapter, visit jdrf.ca/locations.

CANADIAN DIABETES ASSOCIATION PHOTO

'WHAT A CURE MEANS TO ME'

With more than nine million Canadians living with diabetes or prediabetes, including more than 103,000 Manitobans, chances are many Canadians know someone living with the disease.

To mark Diabetes Awareness Month, the Canadian Diabetes Association has introduced the "What a Cure Means to Me" campaign. The goal is to give a voice to people living with diabetes in communities all across the country. Throughout the campaign, Canadians are encouraged to:

1. Share their diabetes stories at whatacuremeans2me.com

2. Share their "What a Cure Means to Me" Facebook page with friends, family and online communities to raise awareness and funds

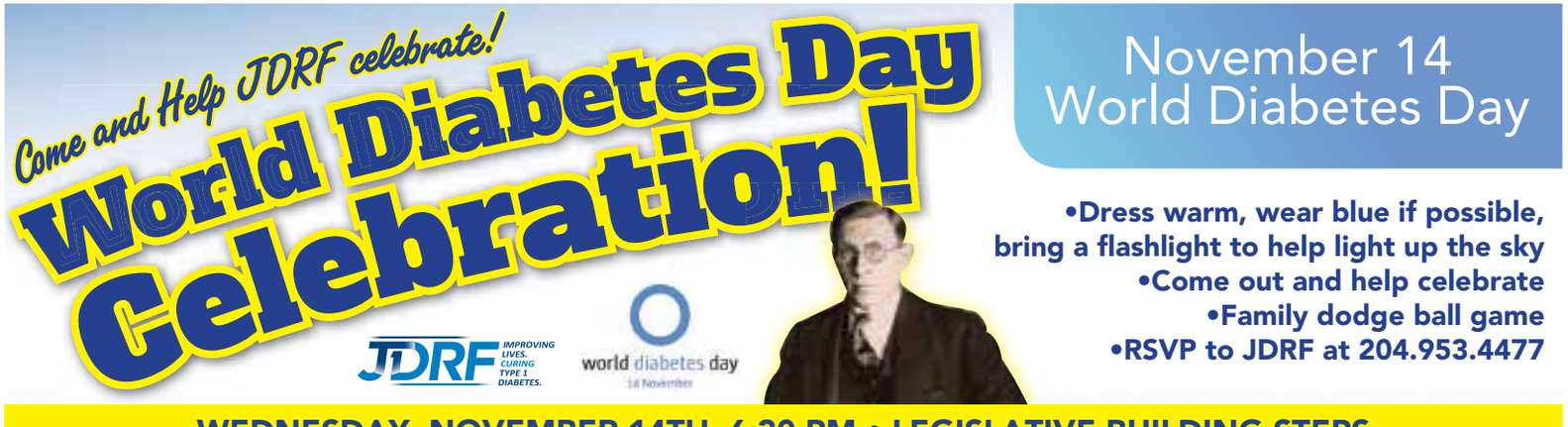
3. Support Diabetes Awareness Month activities in their local communities

"Diabetes Awareness Month provides an opportunity for us to bring together our community of more than nine million Canadians who live with diabetes or prediabetes," says Michael Cloutier, president and CEO of the Canadian Diabetes Association. "We want to shed light on their challenges, celebrate their triumphs, and thank them for their continued support of each other and the association."

For Sarah Stecy, diagnosed with type 1 diabetes when she was nine and now 12-years-old, a cure for diabetes "would mean that people would stop telling me how to behave and that I would get treated the same way as everyone else." Sarah also presented at the Canadian Diabetes Association's 2012 Best Banting Evening held Nov. 10 in Winnipeg.

Manitobans are encouraged to visit the website whatacuremeans2me.com to register, and post a story from now until Nov. 30, to be eligible to win great prizes.

"It is through these stories that we can shed light on this serious disease," Cloutier says.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DETERMINE YOUR RISK

CANRISK QUIZ CAN HELP PREDICT YOUR ESTIMATED RISK OF TYPE 2 DIABETES

ISTOCKPHOTO/THINKSTOCK

It's a little known fact that more than one million Canadians who are living with type 2 diabetes don't even know they have it, and many others are at risk of developing it.

Thanks to an easy 11-step Canadian Diabetes Risk (CANRISK) questionnaire that takes mere minutes to complete online, you can learn your estimated risk of developing pre-diabetes or type 2 diabetes.

"Knowing your risk can help you make healthy choices now that will reduce your risk of developing diabetes," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Type 2 diabetes, the most common form of the disease, develops when your pancreas doesn't produce enough insulin or your body doesn't properly use the insulin it makes. The number of Canadians with type 2 is increasing rapidly due to several factors, including an aging population, rising obesity rates and more sedentary lifestyles.

Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes. And almost 80 per cent of new Canadians come from populations that are at higher risk for type 2 diabetes, including those of Hispanic, Asian, South Asian and African descent.

The CANRISK questionnaire will ask about important risk factors for diabetes, including your age, gender, family history, nutrition choices and ethnicity. You will also need to know your height, weight and waist measurement. The results are for your information only and confidential; the information is automatically deleted when you close out of the questionnaire.

While the questionnaire is targeted mainly at adults between the ages of 40 and 74, it may also benefit younger people with apparent risk factors.

For example, if the results indicate a high estimated risk, making certain healthy lifestyle changes — such as increasing exercising, eating more low-fat foods, fibre and fruit, and quitting smoking — can reduce the risk.

Throughout the year, Shoppers Drug Mart pharmacies hold CANRISK screening days. "We really want to encourage the public to reach out to their Shoppers Drug Mart pharmacists in the pharmacies and online," Wang says.

To complete the CANRISK questionnaire, visit canrisk.shoppersdrugmart.ca. If you don't have a computer, ask your Shoppers Drug Mart pharmacist to print a paper version for you.

– Jane Doucet

CDE'S ARE A VALUABLE RESOURCE

A certified diabetes educator (CDE) is a trained health-care professional who can help Canadians manage every aspect of their diabetes care, whether you were recently diagnosed or you have lived with diabetes for years.

In addition to advising you on blood-glucose monitoring, a CDE can provide information about diabetes medications and develop healthy-eating and physical-activity plans tailored to your specific needs.

"Shoppers Drug Mart has 450 pharmacists across Canada who are certified diabetes educators," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Because the number of Canadian adults being diagnosed with type 2 diabetes is rising rapidly, there are often weeks-long waiting lists for patients to get an appointment at diabetes centres or clinics.

BANANASTOCK/THINKSTOCK

"In those cases and for ongoing care, Shoppers Drug Mart pharmacists and CDEs are a great resource," Wang says. "They can bring so much awareness to help people manage their diabetes, and they sometimes can take appointments the same day or in a day or two."

A CDE can set aside the time to meet with a diabetes patient in a private counselling area of the pharmacy. He or she might administer an A1C blood test (a marker to indicate how well your diabetes is being managed over a three-month period) or answer questions about whether certain over-the-counter medications are safe to take.

If you don't understand something about your diabetes care, keep asking questions until the information is clear. For example, if you are prescribed a medication for the first time, make sure you ask your pharmacist what its purpose is and when you should take it.

It's important for Canadians to know that they can take advantage of the wide range of support that's available through the wide array of health-care professionals in their communities. "All Shoppers Drug Mart pharmacists have the knowledge to take care of Canadians with diabetes, but CDEs have additional training," Wang says.

Talk to your Shoppers Drug Mart pharmacist about booking an appointment with a certified diabetes educator. For more information about CDEs, visit shoppersdrugmart.ca.

– Jane Doucet

SHOPPERS DRUG MART A1C CLINICS

The A1C is a test that shows the average level of blood sugar (glucose) over the previous three months. It also indicates how well you are controlling your diabetes. The higher the A1C level is above target, the poorer the blood-sugar control and the higher the risk of diabetes-related complications, such as kidney and nerve damage and vision loss.

Shoppers Drug Mart pharmacies across Canada hold A1C clinics throughout the year to help people with diabetes better manage their health.

"If you've missed a clinic but you would like to have an A1C test, ask your Shoppers Drug Mart pharmacist if he or she can administer it," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Want to take control of your diabetes?

Our Pharmacists can offer the resources and support to help.

Visit your local Shoppers Drug Mart Pharmacy today to speak to a Pharmacist about taking charge of your health.

You can also speak with one of our Certified Diabetes Educators who can help you better understand and manage your condition, diabetes medications and more.

To find a Certified Diabetes Educator at the location nearest you, visit **shoppersdrugmart.ca/locator**.

Your health. Made easier.™

SHOPPERS DRUG MART

Skip the store-bought stuff and make the quintessential fall treat at home

Did you know that small "pie" pumpkins are now available at many farmers markets so you can savour locally grown harvest flavour?

Start the savouring with this recipe, but be careful not to overbake it or the filling will dry out and crack.

Ingredients

- 1 small pie pumpkin
- 2 eggs
- 50 ml (1/4 cup) granulated sugar
- 45 ml (3 tbsp) brown sugar
- 7 ml (1 1/2 tsp) ground cinnamon
- 5 ml (1 tsp) ground ginger
- 1 ml (1/4 tsp) grated nutmeg
- 1 ml (1/4 tsp) salt
- 22 ml (1 1/2 tbsp) brandy (optional)
- 150 ml (2/3 cup) 35 per cent whipping cream
- 23-cm (9-inch) pie crust, partially baked in advance

1. Preheat oven to 180 C (350 F). Then cut pumpkin in half; scrape away seeds and fibre and place cut side down on an oiled baking sheet. Cover with foil and bake until very tender. Timing will vary from 35 minutes to more than an hour depending on the size and density of the pumpkin. Let pumpkin cool, then remove peel and mash until very smooth. If you wish, force puree through a fine-meshed sieve for extra smooth texture. Let cool and refrigerate. Set aside 375 ml (1 1/2 cups) pumpkin puree for this 23-cm (9-inch) pie; any extra can be frozen for future use.

2. In a large bowl, using an electric mixer on medium speed or with a whisk, beat eggs and both sugars together until combined and smooth and pale in colour. Add pumpkin, cinnamon, ginger, nutmeg and salt. With electric mixer or using a wooden spoon, stir to combine. Fold in cream and brandy, if using.

3. Place pie plate lined with partially baked pastry shell on a baking sheet. Fill with pumpkin mixture. Bake in a 180 C (350 F) oven until pastry is golden and filling is just set, 40 to 45 minutes. Let stand for 10 minutes.

4. Serve at room temperature or chilled, perhaps with a spoonful of sweetened vanilla or brandy-flavoured whipped cream on the side.

THE CANADIAN PRESS/ ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE, 2009)

The Best Pumpkin Pie

This recipe serves six. THE CANADIAN PRESS HANDOUT

Drink of the Week

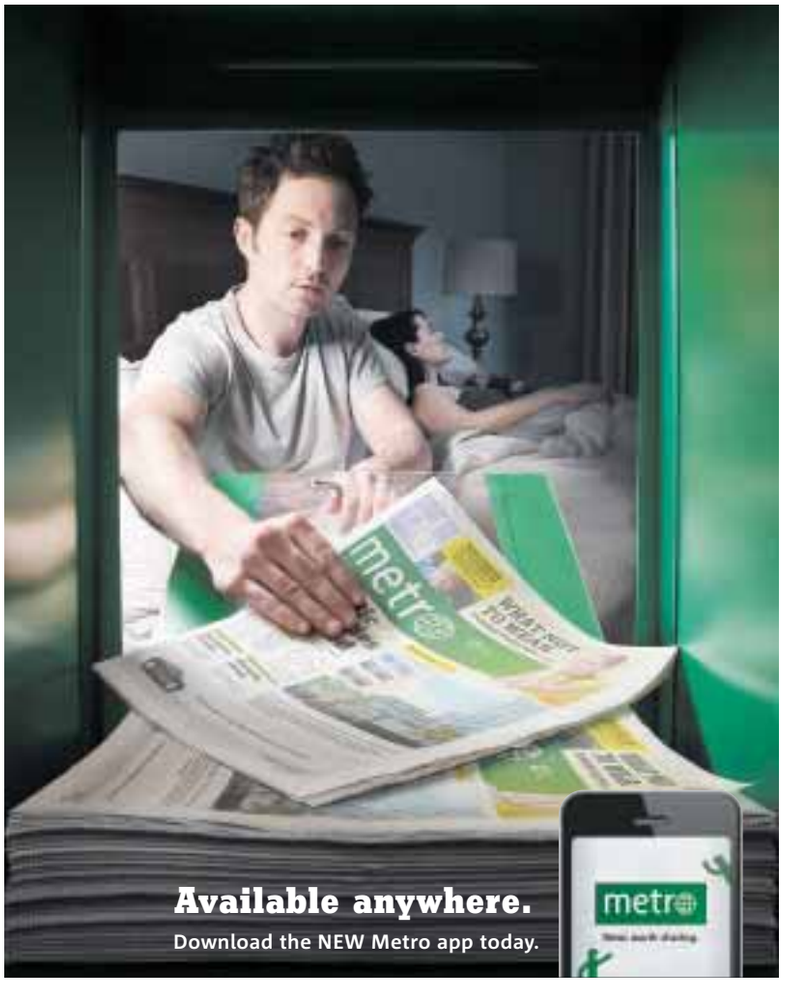
Cold Pumpkin Pie Cocktail

Pumpkin pie is the perfect fall treat. This delicious drink pays homage to it with tasty vanilla vodka and Baileys Irish Cream.

- 2 oz vanilla vodka
- 1/2 oz pumpkin spiced syrup
- 3/4 oz lemon juice
- 1/2 oz Baileys Irish Cream
- 1/4 oz Frangelico

Shake all of the ingredients hard and strain them into a cocktail glass. Garnish the top with a dash of cinnamon.

METRO WORLD NEWS/ COLIN MAXWELL, ABE & ARTHUR'S IN NEW YORK



Pumpkin Almond Cookies. Pair them with coffee or a cup of hot chocolate

These airy cookies are the perfect match to a cup of hot chocolate or coffee.

Their texture is tender and muffin-like but for an even crispier exterior, use all brown sugar and bake for a few minutes longer.

1. In a medium bowl, mix together the flour, baking soda, salt, nutmeg and cinnamon; set aside.

2. In the large bowl of an electric mixer, cream together the butter, almond butter, sugar and brown sugar until the mixture is light and fluffy.

3. Add egg, pumpkin puree and vanilla and mix until just combined. On medium-low speed, add the flour mixture until it is all fully incorporated. Remove the bowl from the mixer and stir in the almonds and chocolate chips.

4. Drop teaspoonfuls of cookie mix onto a greased or lined cookie sheet and flatten slightly with the back of a spatula. Bake in a 180 C (350 F) oven for 15 minutes or until lightly browned. Transfer the cookies to a wire rack to cool completely.

THE CANADIAN PRESS/ ALMOND BOARD OF CALIFORNIA

This recipe makes six dozen cookies. THE CANADIAN PRESS H/O

Ingredients

- 625 ml (2 1/2 cups) flour
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 5 ml (1 tsp) nutmeg
- 5 ml (1 tsp) cinnamon
- 125 ml (1/2 cup) each butter and almond butter
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 250 ml (1 cup) reduced pumpkin puree (reduce in a pan over medium heat, stirring frequently, for at least an hour, until colour becomes a deep brown)
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) diced almonds, toasted
- 250 ml (1 cup) chocolate chips

NFL

Injury questions surround 'Big Ben'

Ben Roethlisberger left Heinz Field on Monday night with his sprained right shoulder in a sling. When he walks back in ready to play is anybody's guess.

Steelers coach Mike Tomlin called Pittsburgh's quarterback "questionable" but otherwise offered little detail Tuesday, less than 24 hours after Roethlisberger was pounded into the ground by Kansas City linebackers Tamba Hali and Justin Houston in Pittsburgh's 16-13 win.

"He is being evaluated," Tomlin said. "Obviously this injury puts his participation in the questionable category for this week."

THE ASSOCIATED PRESS

MLB

Marlins, Jays pull blockbuster: Source

The Blue Jays were in the midst of a blockbuster trade with the Miami Marlins on Tuesday night.

Several reports — namely, from Fox Sports baseball columnists Ken Rosenthal and Jon Morosi — indicated as many as 12 players had been traded, with the Jays sending shortstops Yunel Escobar, Adeiny Hechavarria, pitcher Henderson Alvarez, as well as a trio of highly ranked prospects — Justin Nicolino, Jake Marisnick and Anthony DeSclafani — to Miami in exchange for starting pitchers Josh Johnson and Mark Buehrle, shortstop Jose Reyes, catcher John Buck and utility player Emilio Bonifacio. TORSTAR NEWS SERVICE

Josh Johnson GETTY IMAGES FILE

New CBA stalled by owners' complacency, Crosby says

Sidney Crosby listens to a reporter's questions after an informal workout on Oct. 11 in Canonsburg, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS FILE

NHL. Pens' superstar centre frustrated by league's hard-line stance

Sidney Crosby says it takes two to tango.

The Pittsburgh captain stood by his comments voicing frustration Tuesday at the lack of movement in negotiations on a new collective bargaining agreement between the NHL and the NHLPA.

And Crosby pointed the finger squarely at the owners.

"I don't think there's much negotiating going on. I think as far as the proposals are concerned it's just kind of at a standstill right now," Crosby told reporters after skating in Pittsburgh. "I think that we've made steps to show that we're willing to negotiate.

"I don't think that's really happening on the other side."

Talks between the NHL and the NHLPA to end the lockout stalled again over the weekend. No bargaining sessions are planned and Crosby says players feel like they're negotiating with an unwilling partner.

"The desperation to play doesn't really seem like it's on their side. I think there's a deal to be made (but) I think negotiations have to be made if there's going to be a deal," he said. "If it keeps going like this, everybody's going to lose, there's no way around it.

"Everybody's going to lose."

NHLPA special counsel Steve Fehr told a panel in Toronto on Monday that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout.

The NHL has proposed changes to entry-level deals, arbitration, free agency and contract limits.

Those issues particularly irked Crosby and he reiterated those feelings Tuesday.

"Guys aren't going to give in when it comes to contract stuff. It's not going to happen," Crosby said. "It's ridiculous to try to change that after the success the league and everybody's had here the last seven or eight years." THE CANADIAN PRESS

Quoted

"It doesn't have anything to do with (money), it's the rights of players within your profession, so that's what I think guys are definitely going to stand strong on."

Sidney Crosby

Lines in the sand

Still holding out hope

The owners locked out the players in mid-September and all games up to Nov. 30 have been cancelled.

The Winter Classic outdoor game that was scheduled for Jan. 1 has also been axed.

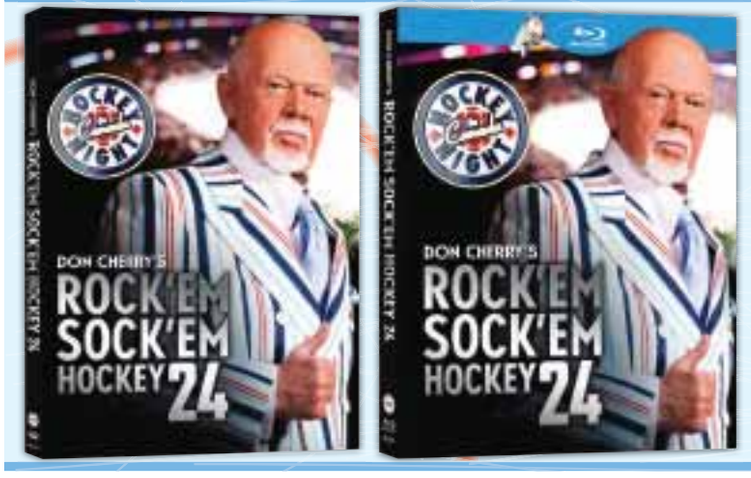
It is believed a deal would need to be struck early next week for a shortened season to begin on Dec. 1.

"It's tough when you want to play hockey and I don't think the other side really takes that serious. They're able to do that, that's not their livelihood," Sidney Crosby said.

Despite his frustration, Crosby is reserving judgment on whether there will be a 2012-13 NHL season.

"I'd like to think that everyone will find a way to make it work. That's really what it boils down to, everyone finding a way to make it work," he said. "It's a bit of give and take and that hasn't really happened yet." THE CANADIAN PRESS

4 SPORTS



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DRIVE

‘With no particular place to go.’ Is the casual drive dead?

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

“Riding along in my automobile” isn’t really a pastime anymore. Nearly every journey we take serves a purpose. HANDOUT

We’ve got a skinny latte at the ready in the cup holder, a navigation system lighting our way and electric elements in the seats warming our nether regions and lower back, but we don’t seem to be whistling a happy tune behind the wheel.

Most likely we’re mumbling about the traffic or the road construction. Could also be something more generic, like the idiocy of our fellow humans, or the crush of time.

Basically, we’re getting nicer vehicles, but the nature of our trips is going the other way, the wrong way. We take too many of them, and most of them are just about getting somewhere under a tight deadline. It’s a scenario that’s killing some of the joy of driving and pushing “just going for a drive” to extinction.

Now, I don’t want to sound like a folksinger. (How many folksingers does it take to screw in a light bulb? Four. One to screw in the light bulb, three to sing about how much better the old light bulb was.) But not too long ago, I think more people went driving for the sake of it — as an enjoyable way to pass some time.

The term “Sunday afternoon drive” is still in our vernacular, but who goes on those things anymore?

Last time I suggested we go on a Sunday afternoon drive the kids looked at me like I was on drugs. One turned back to their digital entertainment device without saying a word.

The other said, “Great idea, Dad,” in a totally ironic way, before turning back to their digital entertainment device.

If you’re already driving tons, I can see why you wouldn’t want to get into the car again, but that isn’t the only thing driving “not driving.” It’s been well documented that younger generations aren’t purchasing cars like previous generations — if you don’t have a vehicle at your disposal, the chances are good you’re not going on any kind of drive, particularly the “just for the hell of it” type.

In an article chronicling how car use is peaking in the rich world, The Economist had this to say about the younger generation’s totally digitalized life and indifference to the automobile: “Never before has not travelling been so much fun.”

Fuel expenses and the desire to be more green are also crimping recreational driving. And what about electric vehicles?

As any culture, car culture has to constantly change and evolve. It’s evolved to a point where people are increasingly less likely to jump in a car and just drive for the sake of it.

There’s good in that for sure, but I’m just saying we’re losing a very cool pastime practiced and enjoyed by many generations before us — a pastime that, when you’re lucky, affords you an awesome headspace you’ll not find any other way.

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Corvette will be hard pushed to top this topless gem in 2014

Dream Car.
Corvette 427 convertible

MALCOLM GUNN
WheelbaseMedia.com

We've got a skinny latte at Chevrolet that takes the wraps off the next-generation Corvette at the North American International Auto Show in Detroit Mich., on Jan. 13. But this General Motors division is wrapping up the outgoing 'Vette in grand fashion with the 427 Convertible Collector Edition.

Whether the 427 actually achieves collector-car status is really up to buyers and, likely, two or three decades of time, but this Corvette will be much sought-after for being the most powerful production roadster to wear the crossed-flags logo.

These days, the Corvette, Chevy Camaro and other iconic marques pay homage to their storied pasts by providing thoroughly modern content. The 427 owes its name to the last of the so-called second-generation C2 Corvettes (1963-'67) that were available with 427 cubic-inch (7.0-litre) V8s and up to 435 horsepower.

Chevrolet re-introduced that particular engine displacement for the 2006 model year in the Corvette Z06. It continues to produce 505 horsepower and 470 pound-feet of torque and has until now been available strictly in coupes. For the Corvette's diamond anniversary, the LS7 and its accompanying rear-mounted six-speed manual gearbox can be had for the first and last time in the current (C6) convertible body style.

The LS7 is remarkable not only for its prodigious output, but for how it achieves its potency. The engine is hand-assembled at GM's Wixom, Mich., Performance Build Center and uses special cylinder heads, intake valves, titanium connecting rods and other key ingredients originally developed in conjunction with the Corvette road-racing program.

It has the largest displacement of any Corvette engine, but not the most power. The ZR1 gets that honour, but with a 6.2-litre V8 topped with a supercharger.

The 7.0/427 also features dry-sump lubrication — essentially an external oil reservoir — that keeps oil flowing even during high cornering and braking loads.

The exhaust gasses exit through dual-stage mufflers that open up more when you tromp the gas. The system is optional on base Corvettes.

Chevrolet claims the 1,520-kilogram Corvette 427 can streak to 96 km/h from zero in 3.8 seconds and is capable of a top speed somewhere north of 300 km/h. It can also achieve up to 1.04 Gs in lateral acceleration, assisted by a set of Michelin PS2 tires mounted on ZR1-sized 19x10-inch alloy wheels in front and 20x12s at the rear.

These performance numbers would be impressive on nearly any high-performance machine you can think of, at any price.

To maximize ride and handling, the 427 comes with Magnetic Selective Ride Control.

The system includes special shock dampers that adjust their settings up to 1,000 times per second, according to road conditions and driver input. In this regard, the 427 might be better than the Z06 since magnetic ride does not come standard in that model. The 427 also includes the Z06's larger brakes.

Outwardly, the 427 gets numerous design cues borrowed from the Z06, such as wider front carbon-fibre fenders. Out back are the Z06's wider fenders (7.5 centimetres wider overall) and the supercharged ZR1's spoiler.

The first of three 427 trim levels carries a full load of standard equipment, including keyless push-button start, premium Bose audio system and voice-controlled navigation. Optional are heated leather-covered seats, power-adjustable steering column and a power-folding top.

Various option packages add fancier machine-faced wheels, carbon fibre front spoiler, hood and rocker panels, and 60th anniversary branding displayed all over the vehicle.

But easily the most intriguing option is the Engine Build Experience. For about $5,800 US, you get to assemble your very own 427 engine right on the shop floor, with Chevrolet's engine-building pros looking over your shoulder, of course.

At a $93,900 starting price, the 427 is the most expensive convertible that Chevrolet has ever constructed, but it's a steal of a deal compared with more outrageously priced, extra-quick hardware.

It also proves that Corvette ranks as one of the world's quickest and most capable of sports cars. It's hard to imagine how the all-new 2014 version will move the needle, but we can't wait to find out.

The Corvette 427 convertible is capable of over 300km/h. ALL IMAGES WHEELBASE

It can reach 96km/h from zero in 3.8 seconds and has a sleek side profile.

CLASS ACTION AGAINST VOLKSWAGEN

NOTICE OF APPROVAL OF THE SETTLEMENT AGREEMENT

IF YOU PURCHASED OR LEASED A 2006 VOLKSWAGEN JETTA YOU COULD BE COMPENSATED BY THE AGREEMENT

MODEL COVERED
2006 Volkswagen Jetta vehicles with serial numbers between 1K_5M000001 and 1K_6M759703.

THE PROBLEM
The approved agreement pertains to problems resulting from the premature wear and severing of left front driver door wiring harness which causes intermittent or permanent problems related to the use of accessories and / or use of power from the electrical system of the vehicles covered (the "Problem Covered").

THE COMPENSATION
Persons who repaired, replaced or purchased the wiring harness for the left front driver door may obtain **a reimbursement of $320.00** less, in some cases, a credit granted or previously reimbursed by Volkswagen or one of its authorized dealers relating to the Problem Covered and, in all cases, court approved deductions for legal fees and statutory withholdings.

THE EXTENDED WARRANTY
Moreover, the **warranty** on this part is **extended to 8.5 years (102 months) or 165,000 km** from the in-service date, whichever comes first. An amount of $60.00 plus applicable taxes must be paid by the members to take advantage of the repairs under the extended warranty.

If you repaired, replaced or purchased the wiring harness for the left front driver door and want to claim a reimbursement, you must, **by March 29, 2013 at the latest, submit a Claim Form**, which is available online or from the Claims Administrator:

BRUNEAU GROUP INC.
Volkswagen 2006 Jetta Claims
P.O. Box 20187 - 390 Rideau Street
Ottawa, ON K1N 9P4

Tel: 1-866-288-3683
Fax: 1-613-562-0321
Email: info@vwclaim.ca
Website: www.wwclaim.ca

You can also obtain the Claim Form and information relating to this Agreement at:
www.sfpavocats.ca/volkswagen

YOU DO NOT WISH TO BENEFIT FROM THE AGREEMENT?
You may exclude yourself ("opt-out") by providing, **by January 13, 2013 at the latest**, the Opt-Out Form available online or from the Claims Administrator at the address above.

THE ATTORNEYS FOR THE CLASS ACTION:
SYLVESTRE FAFARD PAINCHAUD
740, Atwater
Montreal (Quebec) H4C 2G9
Tel: (514) 937-2881 #230
Fax: (514) 937-6529
Email: lo.fontaine@sfpavocats.ca
Website: www.sfpavocats.ca/volkswagen

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Hum through any rough ride

Second Gear.
2006-2010 Hummer H3

Few machines in recent history combine real-world 4x4 capability and stand-out styling like models from GM's now killed-off Hummer line. The original, military-grade Hummer H1 pops into the minds of the masses when the brand is brought up — though GM successfully marketed a smaller civilian model called the H3, and it came with features including power seats, premium Monsoon audio, a driver computer and more.

PHOTO: WHEELBASE MEDIA

Common Issues

Earlier five-cylinder powered models suffered from a cylinder head problem, which could cause potentially severe engine problems. Symptoms may include a rough idle, poor power delivery, or a loud ticking sound. This problem was most likely to present itself while the H3 was still under warranty — though approval from a GM mechanic should be sought, just to be safe. Note that V8-powered H3s aren't affected by this issue. Have a mechanic check the underside for any signs of excessive rust, leaks, or damage caused by careless off-roading. Ensure the H3's 4x4 system can switch between its various modes as described in the owner's manual. If that's not the case, be sure to find out why before agreeing to fork over any cash.

Engine

Standard five-cylinder models packed 220 or 242 horsepower depending on the year, while an available 5.3 litre smallblock V8 turned out 300 ponies.

What owners like

Capability, styling and toughness are some of the most-loved attributes of the H3. A smooth and comfortable ride, small turning circle and easy maneuverability can be expected, too.

What owners dislike

Gripes centre around a cramped rear seat, a small cargo hold and limited at-hand storage up front. Many owners also wish their H3s had more intuitive control placement, too.

Verdict

The H3 should prove a worthy ride for a shopper concerned mainly with style and capability. Those after fuel efficiency, modesty and sensibility are best advised to look elsewhere.

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Horoscopes

♈ Aries
March 21 - April 20
From today on, a relationship issue won't seem so important. Most likely, you have reached the point where someone's negative behaviour no longer annoys you the way it once did. You have more important things to worry about.

♉ Taurus
April 21 - May 21
Mercury's move back into your opposite sign means you won't be able to go your own way or do your own thing for a while. Whatever restrictions are placed on you, just accept them. They're only temporary.

♊ Gemini
May 22 - June 21
Recent events have taken a lot out of you, both physically and mentally, so you really do need to slow down for a while. Put your wellbeing first today, and for the rest of the week. Work can wait.

♋ Cancer
June 22 - July 23
It's time to get serious about your creative endeavours. Most importantly, you need to have a clear picture in your mind of what it is you are aiming to accomplish. And yes, that's "aiming", not just "hoping".

♌ Leo
July 24 - Aug. 23
Your domestic situation is in a period of flux and what happens today will make it obvious that if you don't make changes, other people will. You don't have to act immediately, but you do have to get serious about it.

♍ Virgo
Aug. 24 - Sept. 23
The planets will find ways to tell you that you are taking too much for granted and need to look again at the way you think about, and interact with, the world outside your door. Open your mind to new possibilities.

♎ Libra
Sept. 24 - Oct. 23
You will get another chance to resolve a financial issue that has been casting a shadow over your life in recent weeks. And, this time, you must take it. You already know what needs to be done, so do it.

♏ Scorpio
Oct. 24 - Nov. 22
Mind planet Mercury, which is in one of its retrograde phases, moves back into your sign today. So, most likely, you will have to reconsider an issue you thought had been resolved. Looks like other people don't agree with you.

♐ Sagittarius
Nov. 23 - Dec. 21
How can you change your life for the better? What things can you improve on today so your tomorrows will be more enjoyable? Give it some thought and then get busy. Any day can be a new beginning.

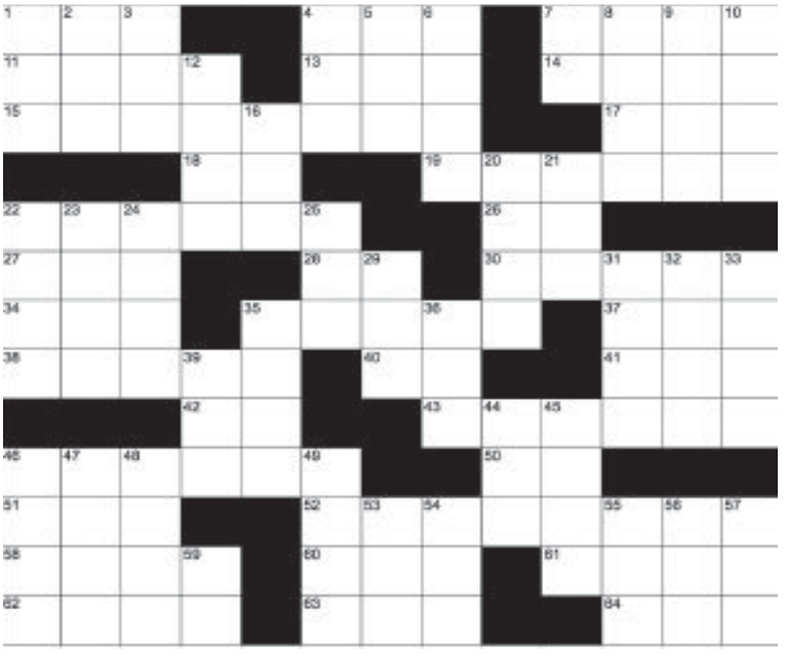
♑ Capricorn
Dec. 22 - Jan. 20
The planets are again trying to tell you that you will only make progress if you find ways to bring others into your plans. Are you the sort of person who knows how to share? If not, maybe it's time to learn.

♒ Aquarius
Jan. 21 - Feb. 19
This is a good time for matters related to your career but you will need to be on your guard. Don't let a rival steal the glory that should have been yours. Use your elbows and barge your way to the front.

♓ Pisces
Feb. 20 - March 20
You may want to be on the move but that may not be possible today. Most likely, you will have to stay where you are and take care of a situation that no one else is qualified to handle. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



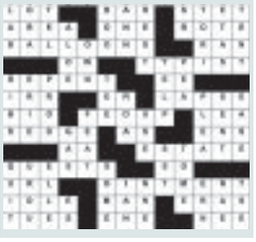
Across

1. Corner —
4. Note paper
7. Trendy New York area
11. Operatic solo
13. "Hold on Tight" gr.
14. Dog and cat menace
15. University or college hearings
17. Carol Burnett tugged on this
18. Dr. Camille Saroyan on Bones (init.)
19. Mistakes
22. Fired (sl.)
26. Ready – Not
27. Mineral
28. Used in the summertime (abbr.)
30. Broadcasted
34. Plural suffix
35. Fireplace coal
37. Actress Gardner
38. Filthy weather
40. St. bordering New York
41. Actor Beatty
42. For example (abbr.)
43. Heads the meeting
46. Stress
50. Little House – the Prairie
51. Quick – – bunny (2 words)
52. Image
58. Allows
60. Boxing great
61. New York canal
62. Star of I Dream of Jeannie
63. Mad —
64. Part of i.e.

Down

1. Guys partner
2. — we there yet?
3. Command for Fido
4. Apiece (abbr.)
5. Lager
6. Rx directive
7. California city (abbr.)
8. Butter substitute
9. Listen
10. Rowboat needs
12. Letter starter
16. Southern Indian tribe
20. Lion's yell
21. Country abbr.
22. Video game slot
23. Math calculation
24. Robert Stack in The Untouchables
25. Water barrier
29. Canadian Broadcasting Corporation (abbr.)
31. Hindi queen
32. For always
33. My Two —
35. Ogles
36. And so on.... (abbr.)
39. Even score
44. Gardening implement
45. Green Gables girl
46. Mrs. Roy Rogers
47. Utilized
48. Merit
49. Shut the door forcefully
53. Island (Fr.)
54. Relative
55. Before (poet.)
56. Family member (abbr.)
57. Lay down
59. "Jurassic Park" actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			3	4	6			
	2			5			6	
	6	7				4	1	
		5				9		
8		9		6		7		1
		6				2		
	4	8				3	2	
	9			1			8	
			7	3	8			

Yesterday's Sudoku

Weather

TODAY	THURSDAY	FRIDAY
MAX: -1° MIN: -10°	MAX: -2° MIN: -8°	MAX: -1° MIN: -4°

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